

Once upon a  
**Smile**  
we're here for you

# The Smile Mile May Challenge



Come and join  
the fun and be part  
of sidley's smile mile  
team, You can run it,  
walk it or skip it

Take part, have fun and raise lots of money.

For more information or to take part  
email - [lorna@onceuponasmile.org.uk](mailto:lorna@onceuponasmile.org.uk)  
or call **0161 711 0339**



# We need you for the Smile Mile May Challenge

The **Once Upon a Smile** mile challenge

It is as easy as 1, 2, 3!

**Quick step guide, choose.**

- 1 Smile Mile
- 2 Smile Miles
- 3 Smile Miles

**Why not do a mile a day in May?**

- 1 Get fit
- 2 Have fun
- 3 Raise money for Once Upon a Smile
- 4 Promotes a healthy lifestyle

**How can we do our smile mile challenge?**

- 1 Run it
- 2 Walk it
- 3 Skip it

If you need help working out your smile mile track don't worry it takes the average child 30 minutes to walk a mile (that's 2250 steps), so 3 miles will take an hour and half.

As well as pupils raising money to support Once Upon a Smile children bereavement charity it is also helping them to get fit.

Did you know that walking a mile a day can help with:

1. Feel calmer and happier
2. Improves concentration
3. Promotes a healthy lifestyle
4. Helps boost your mood and self-esteem
5. Improves Sleep

**For all school/clubs who take part you will get a smile sticker for every child.**



# Smile Mile Form

School Name

Teacher Name

School Address

Contact Number

Number of pupils taking part

When are you doing your smile mile?

What time are you doing your smile mile?

Would you like sidley our mascot to come  
And join you on the day?

Yes

No

(Please be aware we can't guarantee our Mascot will be available but  
we will try our best to get him there)

How much are you aiming to raise on the day?